

THE MCEO FREEDOM TEACHINGS® SERIES

St. Kitts SLIDERS 3

“The Wind Beneath Your Wings”-

Engaging the Spirit for Slide.

Introductory Atomic-Etheric, Rasha & Spirit Body Training

November 12-22, 2008 - St. Christopher's, British Virgin Islands

Supplement

St. Kitts SLIDERS-3 Workshop: *"The Wind Beneath Your Wings"- Engaging the Spirit for Slide.*

Introductory Atomic-Etheric, Rasha & Spirit Body Training
November 12-22, 2008 St. Christopher's, British Virgin Islands

4 Catch-up Techs. * 9 PSI-Interactive & Aqua-Tone™ Practicum Techs.* 6 Lectures * 3 Planetary Grail Events * 6 Field Work Assignments

Workshop Description

The **Sliders-3 Workshop: "The Wind Beneath Your Wings-Engaging the Spirit for Slide"** takes place in conjunction with an *MCEO Global Stewardship Clinic Planetary Grail Celebration* on the enchanting Caribbean Island of St. Kitts, home of the **Shala-13 Sacred Site**. The 9 active days of the Workshop Program include **3 Planetary Grail Events** (approx 11 Hrs), **6 2-Hour Lectures** (approx 12 Hrs), **4 Psi-Interactive Techniques** (during Grail Events & Lectures), **5 Aqua-Tone™ Techniques** (approx 9 Hrs), & **4 Sliders-2 Catch-up Techniques** (approx 3 Hrs), for an estimated 35 Hours of active program time. Techniques and Lectures are scheduled in short 1 and 2 hour sessions (sessions may run over-time), primarily during the mid-morning and later-evening hours, allowing for optimum "free time" during prime daylight and early evening hours for personal enjoyment and exploration of this beautiful island paradise. The program also includes **6 "Field Work Assignments in Mindfulness"**, a series of "Focus Exercises" that are designed to develop the consciousness state of **your Transcendent Self**, which individuals are asked to complete during the "free time" periods; some of the assignments include "working Live", individually, directly and telepathically, with the **"Adashi Guardians"** of Median-Ascension Earth. The *Field Work Assignments* involve keeping journal observations and other written exercises, so please bring with you a standard-size "school-type notebook" and a few pens; it may be inconvenient or more costly to find appropriate supplies on the island.

Both the *Planetary Grail Events* (2 of the 3) and the *Aqua-Tone™ Techniques* involve **mild physical activity**, some events involve **hiking**, others **beach activities**, so please bring a selection of comfortable, light-weight, "**active wear**", "**swim-wear**" and **appropriate foot-wear**; a small **flashlight** and extra batteries will also be helpful for night events at the beach. Only one event, the 7-8 hour "**Volcano Tour**" involves **moderate physical activity** and **extended hiking**, which may be challenging for some, but the remaining program features are **suitable for everyone, regardless of "physical fitness" levels**. The *Sliders-3 Workshop* includes curriculum pertaining to both **Personal Development** and "Bigger Picture" **Planetary Stewardship** endeavors.

The **purpose** of the **Personal Development** aspects of the **Sliders-3 Workshop: "The Wind Beneath Your Wings-Engaging the Spirit for Slide"** is to assist participants to sufficiently strengthen, balance and expand the energy-holding capacity of their D-2 Telluric Physical-Atomic Body, enabling the Mortal Body to engage the **Pa-Ta-Ur Eternal Light-Life Atoms** of the Spirit Body. This workshop provides practical insights, tools, activities and events by which we can begin to "**Engage the Spirit Body Ra-sha-pa-ta-ur**" ("Rapture") **Flows** within the Physical-atomic Body. Activation of the *Rasha Door*, *Pa-Ta Um-Eir'-A*, "**Eternal Inner-Sun of Aquareion**", "**Web of Eternal Life**" and the *Ra-sha-pa-ta-ur* Flows within the physical body structure sets in motion the organic biochemical and cellular-atomic processes of atomic "**Re-Enlightenment**" (Transmutation) and **Re-Spiritualization** (Transfiguration). The "Sliders-3" Workshop engages the "**Bio-Spiritual Element**" of **Slide-Ascension**, providing Techniques designed to activate the "**Web of Eternal Life**" (the Atomic-Etheric **Uni-genetic Underlay**) and "**Awaken the Watchtower Within**", through which the **Transcendent Karanadial Umshaddhi Planes** of Biological Slide-Ascension, and the **Median-Ascension-Earth Ah-VE'-yas Watchtower "Slide City"** become accessible to the earthly embodied identity. In the Sliders-2 Workshop (Virginia Beach 9/2008) we engaged techniques and began training to "**Bring the Body On-Line for Ascension**"; in THIS *Sliders-3 Workshop*, we will engage a "**Bio-energetic Time-leap**" and open the personal "**Time Passages of the Spirit Body**", to progressively bring our **Heroic Probability** and **Transcendent Self** "On-Line" with the *Axiatonal* and *Meridian Line* systems of the physical-atomic body.

The "*Sliders-3 Workshop*" further explores the essential role the "Physical Body" plays within the inter-dimensional phenomenon of *biological Slide-Ascension* (atomic Bio-location & Trans-location), providing more insights on "**Spirit, Diet & Exercise**", and featuring **new information** pertaining to the "**Internal War of Attrition**" between the embodied *GharE'* (the portion of Spirit body quantum tethered to atomic structure), and *Gharoche* (the environmentally polarized, reversed portion of the *GharE'*), and the **Elemental Forces** of the *Ah-yas'* and *Ah-LU'-sa Ta'-nE*. This workshop introduces the **dynamic tools** of the **48-Ah-**

RA'-yas of Power, 12-Ah-LE'i-yas of Momentum and the **Ah-VE'-yas Point** of the **Karanadial Complex**, through which the *Krystic* Elemental *Ah-yas' Force* can be amplified and directed within the physical body, to progressively retrain and empower the organic *GharE'* to "win the Internal War of Attrition" and reclaim sovereignty of the physical-atomic structure.

Building upon the expansion of consciousness into the *Karanadis Seal* and "*Grail State*" that was engaged in the September 2008 "*Sliders-2*" Workshop, in this "*Sliders-3*" Workshop we will next explore the **Karanadial Platforms** and related multidimensional anatomy, to enter the "**Transcendental State of Um-shaddhi**" (..."*between the Veils of Time*"...), through which we can begin to *remember ourselves as the Eternal Multi-dimensional Beings that we ARE*. Further developing our understanding of the "**Windows that become Doorways to Slide-Ascension**", next-step new material from the latest October 2008 MCEO Dispensations will reveal more about the "**Grail Door**", the Atomic-Etheric **Jhandas Door** and the "dark-matter" **Rasha Door** to the *Elum-Eir'-Adhona* Spirit Body. We will learn of the **Pa-Ta Um-Eir'-A eternal atoms** and the personal "**Calling of the Ra-sha-Pa-Ta-Ur**", by which the etheric-atomic **Uni-genetic Underlay**, the "**Web of Eternal Life**", can be activated within the *cellular structure*.

New "Power-Tool" **Psi-Interactive Techniques** of the Sliders-3 Workshop include **Engaging the Personal Ra-sha-pa-ta-ur, Opening the Personal Rasha Window, Transcendental Being & the Eternal NOW & Between the Veils of Time-the Place called Um-shaddhi, & the Personal Karanadial Convergence**. These techniques automatically amplify and expand the frequency harmonics of the *Sliders-2* Techniques featured in the *Aqua-Tone™ "Daily-Grail"- Daily & Bi-Weekly "Short-Run Home Program"*, and culminate in opening of the **Rasha Door** and *activation* of the **Inner-Sun of Aquareion**, (the 1st Median Earth Eternal Atom, within the Karanadial Seal of the personal Aah-JhA' Hydro-Acoustic Body) and the "**UGU**"-**Uni-genetic Underlay** (the Eternal-life "Living-Water Web" within the cellular structure of the physical body). Activation of the personal *Inner-Sun of Aquareion* and *Uni-genetic Underlay* allows for full 4-dimensional Density-1 Astral-atomic **Bilocation Slide-Karanadial Projection** through the Edonic (Middle Domain) **Umshaddhi Karanadial Platforms** and the **Gha-Fa** into the **Ah-VE'-yas Watchtower "Slide City"** of Median Earth.

Through Bilocate Projection to the Median-Ascension Earth *Ah-VE'yas Watchtower*, the personal Aah-JhA' Body *Ah-VE'-yas Point* within the Karanadial Seal opens, allowing for the "**Probability-Vector Coding**" of the personal "**Transcendental-Self**" and *Elum-Eir'-Adhona Spirit Body* to progressively come "**On-line**" with the **UGU, Axiatonal & Meridian Lines, "EGO"-Epi-genetic Overlay, DNA Template and DNA** of the Physical Body. Once the "**Probability-Vector Coding**" of the personal "**Transcendental-Self**" and *Elum-Eir'-Adhona Spirit Body* engage within the Physical Body structures, the "*single-probability*" Physical Body is enabled to progressively accrete into its biophysical pattern the **12 Event Horizons** (6-Probability-Vectors) corresponding to the "*present self*" and the "*11 other Probable Selves*" that collectively represent one's own **immediate personal full Incarnate Identity**, the **Transcendental Self**. Accretion of the personal *Probability-Vector Codes* occurs in **3 stages**, with the 4 Event Horizons of 1 Density-level **Probable-Self Resolute-Twin-Set** integrating during each of the 3 stages. As each stage of *Probability-Vector Code integration* progresses, the personal physical-atomic body reciprocally expands its potential embodied "**Living-Light Quotient**".

The embodied "**Living-Light-Quotient**" represents the portion of the atomic structure that has fulfilled **Krystic Transmutation/ "Re-Enlightenment"** to become **Mana-light**; (embodied atoms that have fulfilled the *Transmutation/"Re-enlightenment"* process, "*remain as they appear to be in 3-D view*", but contain an "*invisible*" stored quantum of **Mana-light around their nucleus**, which enables the atoms to later engage **Transfiguration/"Re-spiritualization"** to become permanent **Eternal-Life Pa-Ta-UR atoms** of "*Sha-LA-ea Eternal-Living-Light*, enabling the Physical-atomic Body to become an organic "**Superconductor**" capable of *Krystic Slide, Span and Star-Gate Ascension*). The "**Living-Light Quotient**" of the Physical Body **determines what evolutionary paths remain available** to the embodied incarnate identity; a minimum of **50% ShaLAea Light Quotient**, the equivalent of an embodied **Gha-far'**, is needed for **Slide-1 Bi-location** to access the **Median-Earth Ascension Path** (+50 to +75 ShaLAea Quotient).

The activations occurring within the *Sliders-3 Workshop* will bring participating attendees with *less than 50%* embodied Light Quotient to the "**minimum 50% Sha-LA-ea Light Quotient**"; the minimum "**Light-Quotient**" required to biologically anchor the potentialities of Median-Earth Slide-Ascension (Slide-2 Translocation). Participants with greater than 50% Light Quotient will receive a 10% Light-Quotient gain over their existing Light Quotient. Those who successfully anchor the "**minimum 50% or higher atomic Light-Quotient**" during the *Sliders-3 Workshop* period will achieve a "**Bio-energetic Time-leap**", an opening of the personal "*Time Passages of the Spirit Body*", during which the Vector-Coding of 2 of the 3 "**Density-1 Probable-Self Resolute-Twin Sets**" will biologically "*come On-Line*" within the Physical-Atomic Body. During the *January 2009 FOL* period, the embodied Light Quotient will then raise to a **minimum of 60%**, as the Vector-Coding of the

final 3rd Density-1 Probable-Self *Resolute-Twin Set* and the full-incarnate *Transcendent Self* **automatically “comes On-Line”** within the Physical-Atomic Body.

The **4 Sliders-3-Workshop PSI-INTERACTIVE Techniques** are scheduled throughout the 9 day program; 3 of the 4 Techniques are for “one time use only” and will be run “live”, and 1 Technique provides an additional *home-use option* for expanding consciousness state and developing personal “*Adashi Guardian*” contact.

1. Engaging the Personal Ra-sha-pa-ta-ur : Awakening the Personal Pa-Ta Um-Eir'-A through engaging the Median-Earth Karanadis. DAY-4- at Volcano Craters rim

2. Opening the Personal Rasha Window: Preparing the Physical-Atomic Body to engage the Spirit Body Flows. DAY-5, 9-11 PM in Lecture-2

3A. Transcendental Being & the Eternal NOW: Sensory Expansion through the GrUal State. DAY-6- At Wingsfield Estate during Rainforest Hike

3B. Between the Veils of Time-the Place called Um-shaddhi: Using the Krystic “Inner Net” organic communication & communion “Meeting Platforms” of the Karanadis Complex. DAY-7, 9-11 PM in Lecture-3

4. Personal Karanadial Convergence: Opening the Personal Rasha Door to engage the Spirit Body Flows within the Physical-Atomic Body, Activating the Uni-genetic Underlay & Igniting the Eternal Inner-Sun of Aquareion. **Journey to the Ah-VE'-yas Watchtower “Slide-City”** and opening the personal *Ah-VE'-yas Point*, to anchor the *Probability-Vector Coding* of the personal *Transcendental-Self* and engage the “Living-Light Quotient” *Bio-energetic Time-leap* acceleration. DAY-10, 8-10 PM in Closing Lecture-6

The *Sliders-3-Workshop* also features a series of 5, “next level” **Krystal River Aqua-Tone Hydro-Acoustic Systems™ Techniques** essential to achieving the highest level of personal “*Biological, Psychological and Spiritual Potentialities*” of *Slide-Span OR Bhardoah ASCENSION*. The **48 Ah-RA'-yas** and **12 Ah-LEi'-yas** featured in the *Sliders-3 Aqua-Tone™ Techniques* are all **physically dynamic actions** that progressively **enable the physical body to hold and build the embodied “Living-Light Quotient”** activated through the 4 PSI-Interactive Techniques. The 5 *Sliders-3 Aqua-Tone™ Techniques* are:

1. The **12- LOGAYANAS Ah-RA'-yas** (“Logas” Postures + “Yanas” Breathing-Stretches; Balance & Flexibility)

2. The **12-UPPER Ah-RA'-yas** (Upper-body Movements & Resistance Training)

3. The **12-MIDDLE Ah-RA'-yas** (Middle-body Core Movements & Floor Exercises)

4. The **12-LOWER Ah-RA'-yas** (Lower-body Movements & Resistance Training)

5. The **12- Ah-LEi'-yas of Momentum Practicum-1 & 2** (Balance, grace, coordination, momentum & speed.)

The **48 Ah-RA'-yas** are “Zone-targeted **dynamic repetitive motions of expansion, contraction and resistance**”, that progressively **strengthen, expand, balance and generate quantum power** within the *Axiatonal and Meridian Lines* and *Uni-genetic Underlay*, while strengthening and toning the muscles and respiratory system, and assisting to balance the chemical-hormonal systems of the physical body. The 48 Ah-RA'-yas together form the “**12:12 exercise set**” of the **Aqua-Tone Hydro-acoustic Systems™ “Daily Grail Integrated Life-Fitness Program”**. The **12 Ah-LEi'-yas** are “**dynamic, repetitive motions of balance, grace, coordination and momentum**” that progressively balance and harmonize the flow, and **accelerate the speed**, of **energy circulation** between the *Aah-JhA Hydro-Acoustic Body*, *Uni-genetic Underlay*, *Axiatonal & Meridian Lines* and the *Physical-Atomic Body*. They also help to develop grace and coordination in conscious movement and projection of energy through the body.

The 12 Ah-LEi'-yas are an *additional exercise set* for occasional use in *accelerating* the Field/Shield/Merkaba Spins and Energy Flows within the Integrated Body Systems, and for developing *coordination* and *control* in the conscious direction and projection of energy through the physical body system. The *Sliders-3* program also includes an **Aqua-tone™ Ah-RA'-yas Adaptive Practicum**, offering **adaptive alternative movements** for some of the more challenging Ah-RA'-yas, (for those not yet able to comfortably engage standard Ah-RA'-yas movements), and an **Aqua-tone™ Ah-RA'-yas Power Amp Practicum** for quantum amplification of embodied energy flows in preparation for PSI-Interactive Technique-4 activations.

The **Planetary Stewardship** aspect of the *Sliders-3 Workshop* includes **3 Planetary Grail Group “Meditation” Events**, through which the Median-Earth Grail Door opens and the “**Planetary Watchtower**”, (Net-Earth Surface-Safe-Zone Central Control), with its “**3 Sentinels**” and numerous “**Lighthouses**”, is brought into activation. The 3 Planetary Grail Events are

1. Calling of the Ra-sha-pa-ta-ur: DAY-4-SATURDAY November 15 at Volcano Craters rim. **2. Awakening the Sentinel**: DAY-6- MONDAY November 17 at Rainforest “Loop Trail”, Wingsfield Estate. and **3. The Night of the Shimmering Moon**: the 2nd of “4 Primary Planetary Stewardship Celebrations”, during which the “**2nd Motion of Freedom**”, the “**Activation of the Median-Ascension-Earth Grail Door & Watchtower Complex**” will occur- DAY-10- FRIDAY November 21 at Hotel Beach 12-Midnight-1+ AM “last night

We of the **MCEO Freedom Teachings®** look forward to seeing you in beautiful St. Kitts, as we share together the **"Next Level"** of *MCEO Freedom Teachings® "Exploration and Multidimensional Bio-Spiritual Growth"* that will unfold during the ***"Sliders-3: The Wind Beneath Your Wings-Engaging the Spirit for Slide"*** Workshop Program. **Let Us Continue to Grow Together, On-ward, Up-ward and God-ward, and Rejoice in the Eternal Gifts of Truth & Freedom that are the Birthright of the Kryst".**

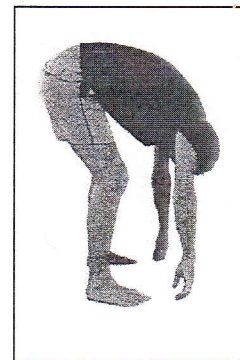
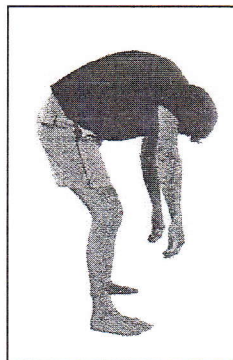
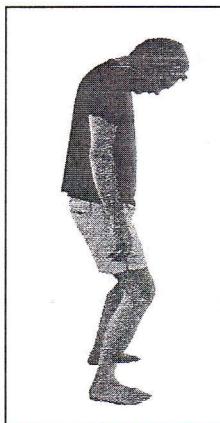
With Love, Light, Awareness and Perpetual Gratitude,....The MCEO SPEAKERS

*** Please Note:** *AQUA-TONE Hydro-Acoustic Systems™* Techniques contained in this workshop are part of a *Holistic Health "Self-Healing"* modality which is intended for use as a *compliment to*, not a substitute for, *traditional methods of treatment*. *AQUA-TONE Hydro-Acoustic Systems™* programs are *not intended to "diagnose, treat or cure"* any medical or psychiatric conditions, nor to be used as a replacement for professional medical or psychiatric care.

MCEO "Logayanas" Frequency Breathing Movements: Entry Level Kathara 1-3

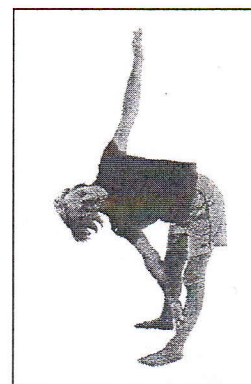
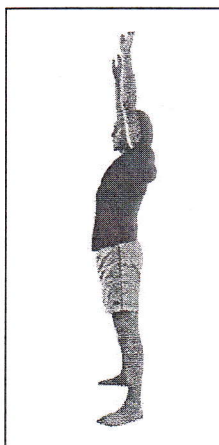
During the first 4-weeks of use, please begin every Breathing Movement with the Lotus Touch "Quick Fire" Technique. Breathe 24, 36, or 48-Point Lotus Breaths from the Ra Centre throughout, exhaling into Target areas – and especially – for not less than 15-30" at the point of maximum physical extension, holding the extension, before completion of each Movement.

FBM #1: Stand, feet, hips apart. Do LTQF. Inhale & Exhale, dropping head forward, knees bent, arms hanging. Hold. Inhale & Exhale from Ra, allowing upper body to fold forward & down, knees bending more. Remain folded down, repeat Ra Inhale and Exhale into deeper fold, relaxing more, following body down until backs of hands touch floor. Hold at deepest stretch-breathing Exhale into body parts from Ra. Inhale body back up on several In-breaths. Exhale to close.



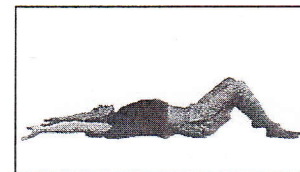
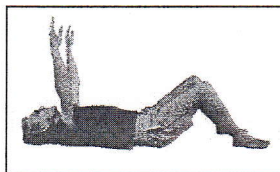
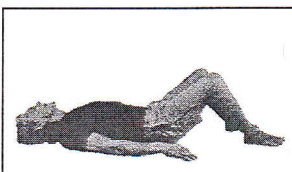
Stimulates: Central Vertical Current, Tailbone Complex, Chakras 6, 7 & 9. KS-2 Bio-etheric Interface Lotus Points T1 thru T6

FBM #2: Stand, feet apart (3'). Do LTQF. Stretch arms up on Inhale, Exhale into forward fold & grasp Left leg w/RH, legs straight. Inhale & on Exhale, lift Left arm vertical, head turning up. Hold & breathe from Ra. Exhale into Targets for 12". On Exhale, gently lower arm, clasp legs, pull body in. Inhale & on Exhale grasp Right leg w/LH. Lift Right arm on Exhale, head turning up. Hold & breathe from Ra. Exhale into body for 12 ". Lower arm on Exhale, clasp legs, pull in, rise up on Inhale. Exhale.



Stimulates: Extends effects of PBM#1 – plus E-Umbi, KS – 3 & 4, Knee chakras, Bio-etheric interface Lotus points L3/L4 (Rod)

FBM #3: Lie flat, knees up. Do LTQF. Inhale/Exhale IN Ra. Do long Inhale raising arms up & over to floor; allow pelvis to lift. Hold. Then long Exhale from Ra, returning arms to start & allow pelvis to drop back.



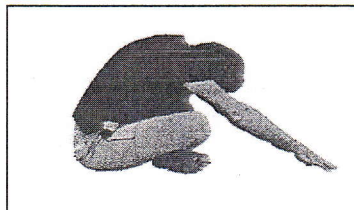
Repeat 6 times. Focus Exhale on opening around chest, AzurA, upper back & Pelvis plus any other areas of tightness, target area by target area.

Stimulates: AzurA, KS 6 & 7, Chakras 4 & 8

MCEO "Logayanas" Frequency Breathing Movements: Entry Level Kathara 1-3

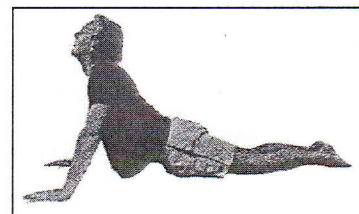
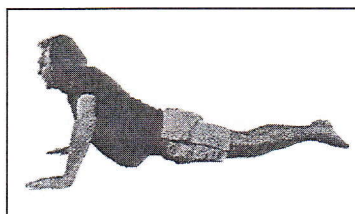
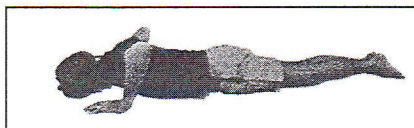
During the first 4-weeks of use, please begin every Breathing Movement with the Lotus Touch "Quick Fire" Technique. Breathe 24, 36, or 48-Point Lotus Breaths from the Ra Centre throughout, exhaling into Target areas – and especially – for not less than 15-30" at the point of maximum physical extension, holding the extension, before completion of each Movement.

FBM #4: Sit cross legged, front shin horizontal. Do LTQF. Place palms on floor ahead. Ra Inhale & Exhale thru hips to armpits x 3. Ra Inhale then Exhale slowly, sliding palms away. Hold. Repeat Inhale, Exhale move slowly to reach max extension, dropping forehead toward floor. Hold max extension, breathe from Ra Exhale to Knees, Hips, Shoulders for 15-30 ". Return to Start, moving on Inhale. Use 3-4 breaths to do this. Repeat with leg position reversed.



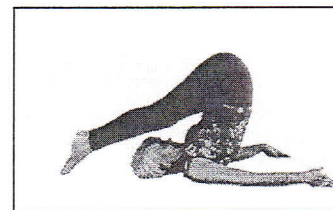
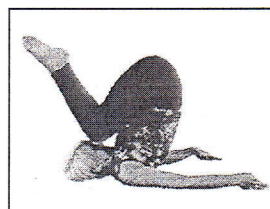
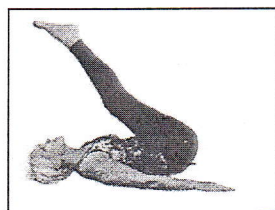
Stimulates: Spine – Central Vertical Current, Chakra – 1/Tailbone Complex, KS 2, 3 & 4

FBM #5: Kneel, do LTQF. Lie flat, face down, palms on floor at side of chest, feet slightly apart. Inhale & lift head, shoulders, chest w/out pushing w/hands. Exhale into upper body. Inhale and use hands to support upward movement. Exhale, Inhale, lift from back, support w/hands and arms pushing gently to extend stretch through lower back & Exhale at max stretch. Hold, Inhale/Exhale at max stretch for 1". Inhale & return to start on Exhale.



Stimulates: Balances polarity to FBM # 4 points – plus – Chakra 3/Ra Center, 4 & 5, AzurA & Spleen

FBM #6: Sit, do LTQF. Lie flat on back. Inhale, bringing knees up over chest; use hands to support back. Straighten legs on Exhale horizontal to ground, Hold. Inhale, drawing knees to forehead. Exhale & hold. Inhale & on Exhale straighten legs over head, allowing weight of legs to pull toes gently toward floor. Hold, Inhale knees back to forehead. Hold. Exhale legs back over head. Repeat 3-6 times or until toes touch floor. Breathe into max stretch for 30 ". Roll on Exhale.



Stimulates: Central Vertical Current, Chakras 1, 7, 8 & 9, KS 9, 10 & 11, AzurA, Bio-etheric Interface Lotus Points T5/6

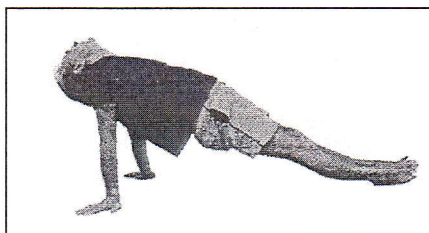
MCEO "Logayanas" Frequency Breathing Movements: Entry Level Kathara 1-3

During the first 4-weeks of use, please begin every Breathing Movement with the Lotus Touch "Quick Fire" Technique. Breathe 24, 36, or 48-Point Lotus Breaths from the Ra Centre throughout, exhaling into Target areas – and especially – for not less than 15-30" at the point of maximum physical extension, holding the extension, before completion of each Movement.

FBM #7: Sit LTQF. Put arms behind shoulders, fingers toward buttocks, legs straight, ankles together.

Inhale & on Exhale lift your body from floor like it's a flat board, head/neck back. Hold & breathe into posture briefly. Slowly lower bottom to floor. Repeat 3 times.

Build up strength until it is possible to hold & breathe into posture 6 times, later for 15-30 ".

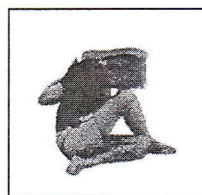
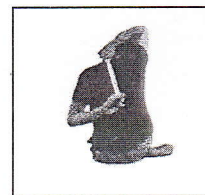
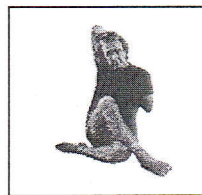
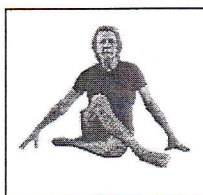


Stimulates: Chakras 3, 4 & 5, KS-2 Bio-etheric Interface Lotus Points U1/2 & U5/6, M1 thru L6, L1 thru L6

FBM #8: Sit, do LTQF. Move to X-leg position or sit on heels, or sit "between the heels". (see diagram).

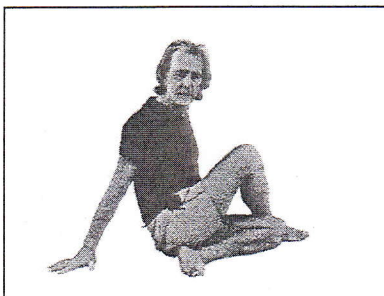
Inhale; lift RH up & over Right shoulder. Exhale & lift Left arm up the back to link fingers w/RH. Inhale & on Exhale move head down toward (or onto) Left (upper) knee. Hold & breathe into extension x 6, later 15-30 ". Inhale & return to start & Exhale.

Reverse leg & arm positions & repeat.



Stimulates: Overall Bio-field Balance, Chakra 4 (rear) & 9, KS 6 & 7

FBM #9: Sit, Do LTQF. W/ legs straight, bring Right heel into groin. Place LH on floor behind back. Bring Left foot over Right thigh & onto floor, next to thigh. Inhale & on Exhale move Right arm to outside of Left knee & hand onto Right knee, gently twisting body & turning head over Left should. Inhale deeply & Exhale, carefully pushing the twist to the Left. Hold & breathe into extension x 6, later for 15-30 ". Reverse all positions, on the breath as above & repeat.

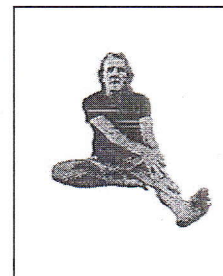
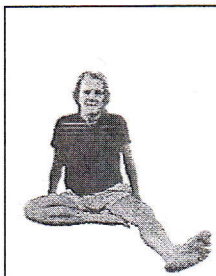


Stimulates: Central Vertical Current, Chakra 3 & Ra Complex (+ liver, spleen, kidneys, colon)

MCEO "Logayanas" Frequency Breathing Movements: Entry Level Kathara 1-3

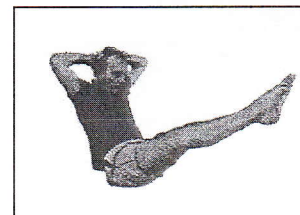
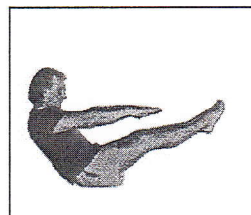
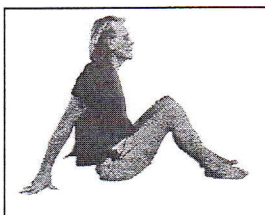
During the first 4-weeks of use, please begin every Breathing Movement with the Lotus Touch "Quick Fire" Technique. Breathe 24, 36, or 48-Point Lotus Breaths from the Ra Centre throughout, exhaling into Target areas – and especially – for not less than 15-30" at the point of maximum physical extension, holding the extension, before completion of each Movement.

FBM #10: Sit. Do LTQF. W/ Legs straight out, move Right foot into Left groin & RH onto Right knee. Bounce Right knee to floor 6 times. Inhale, raise both arms, Exhale & reach to Left ankle, keeping back & leg straight. Inhale & on Exhale follow breath moving hands down toward foot. Repeat to full extension & grasp ankle, big toe or link hands around foot. Hold. Inhale & Exhale 6 times into hips/knees. Inhale return to start Exhale. Shake out legs. Reverse leg positions & repeat.



Stimulates: KS 2, 3 & 4, Knee Chakras, Bio-etheric Interface Lotus Points L1 thru L6

FBM #11: Sit. Do LTQF. Legs straight, lift & hold arms parallel to floor. Inhale & on Exhale lift legs from floor to buttocks. Hold, Inhale & Exhale. Relax & repeat x3, then later x6.

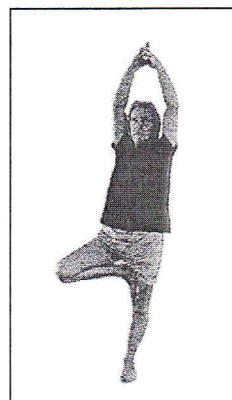


After several sessions, position hands behind head before raising legs on Exhale. Inhale & Exhale for 3, 6 then 12 breathing cycles.

Relax/ return to Start on final Exhale.

Stimulates: Chakra 2, KS 2, 3 & 4, Bio-ether Interface Lotus points M4, & L1/2 Rod

FBM #12: Stand, do LTQF. Inhale and lift your Right heel up & into the Left groin (or knee or ankle) & Exhale. Inhale, lifting both arms up, palms meeting above head. Exhale; Stare at a spot 12" ahead to help balance. Inhale "Yan" Ethos-Etheric Current up from Mahadra into Ra & Exhale into Top, Male, Electrical, 33 1/3 CW Merkaba. Repeat 3, 6, or 12 times + Inhale, Exhale & lower arms & leg. Reverse positions. Inhale "Yun" Eros-Etheric Current down from Adhrana & into Ra. Exhale into Bottom, Female, Magnetic 11 2/3 CCW Merkaba. Repeat 3, 6 or 12+ times. Inhale, Exhale & lower arms & leg.

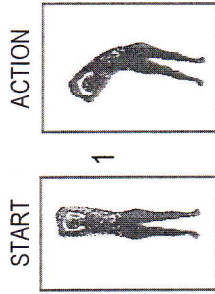


Stimulates: Merkaba Alignment, Balancing & Rotation, KS 3 & 4, Bio-etheric Interface Lotus Points L3 thru L6

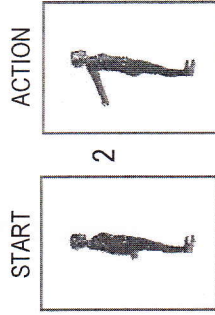
**The Aqua-Tone™ Daily Grail Integrated Life Fitness Program
Sliders-3 Aqua-Tone™ Technique-1:12 Logayanas SUMMARY CHART**

NOTE: Hold stretch position for 6-breath count;
then switch to opposite side for 6-breath count,
where applicable.

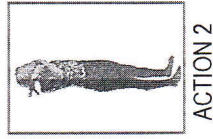
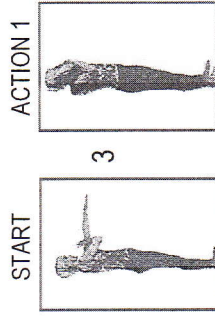
Logayanas-1



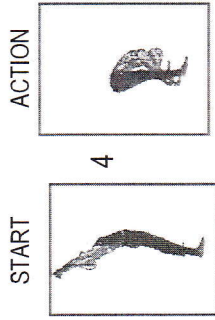
Logayanas-2



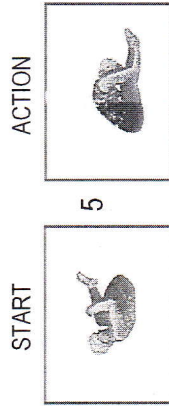
Logayanas-3



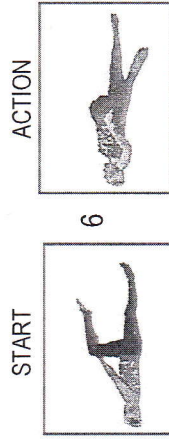
Logayanas-4



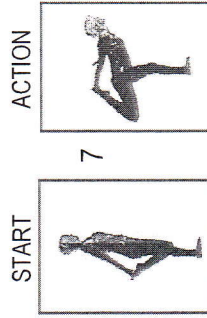
Logayanas-5



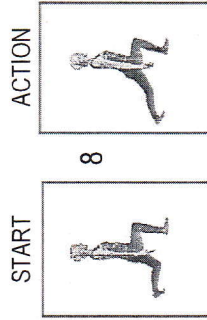
Logayanas-6



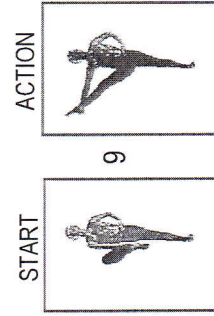
Logayanas-7



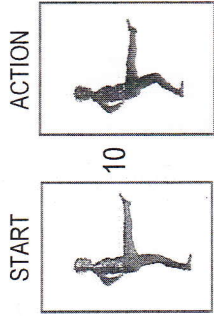
Logayanas-8



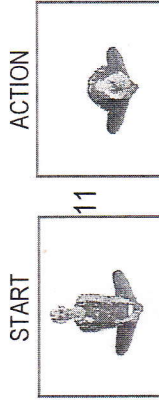
Logayanas-9



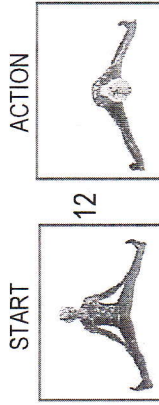
Logayanas-10



Logayanas-11

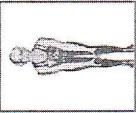
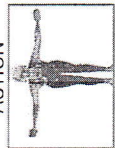
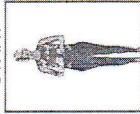

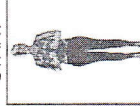
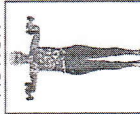


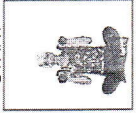
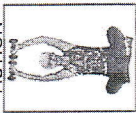

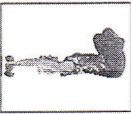
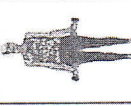
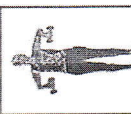

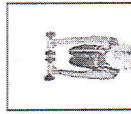



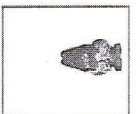





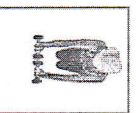








Logayanas-12



(Upper body Movements & Resistance Training) **The Aqua-Tone™ Daily Grail Integrated Life Fitness Program**
Sliders-3 Aqua-Tone™ Technique-2:12 UPPER Ah-RA'-yas SUMMARY CHART

NOTE: INHALE on "Start" Position, then
 EXHALE into the "Action" Position. Perform 12
 consecutive repetitions for each movement.

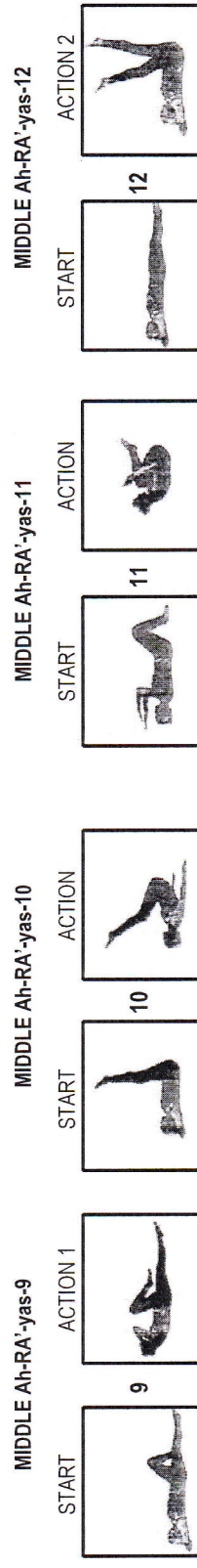
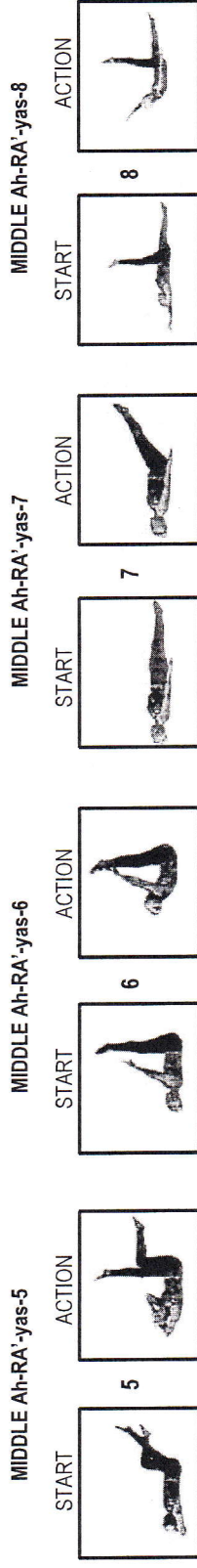
| | | | | | | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| <p>UPPER Ah-RA'-yas-1</p> <div>   </div> | | <p>UPPER Ah-RA'-yas-2</p> <div>   </div> | | <p>UPPER Ah-RA'-yas-3</p> <div>   </div> | | <p>UPPER Ah-RA'-yas-4</p> <div>   </div> | |
| <p>UPPER Ah-RA'-yas-5</p> <div>   </div> | | <p>UPPER Ah-RA'-yas-6</p> <div>   </div> | | <p>UPPER Ah-RA'-yas-7</p> <div>   </div> | | <p>UPPER Ah-RA'-yas-8</p> <div>   </div> | |
| <p>UPPER Ah-RA'-yas-9</p> <div>   </div> | | <p>UPPER Ah-RA'-yas-10</p> <div>   </div> | | <p>UPPER Ah-RA'-yas-11</p> <div>   </div> | | <p>UPPER Ah-RA'-yas-12</p> <div>   </div> | |
| <p>UPPER Ah-RA'-yas-13</p> <div>   </div> | | <p>UPPER Ah-RA'-yas-14</p> <div>   </div> | | <p>UPPER Ah-RA'-yas-15</p> <div>   </div> | | <p>UPPER Ah-RA'-yas-16</p> <div>   </div> | |

The Aqua-Tone™ Daily Grail Integrated Life Fitness Program
Sliders-3 Aqua-Tone™ Technique-3:12 MIDDLE Ah-RA'-yas SUMMARY CHART

NOTE: INHALE on "Start" Position, then
EXHALE into the "Action" Position. Perform 12
consecutive repetitions for each movement.



ACTION 2



ACTION 2



ACTION 2

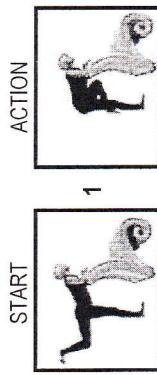


ACTION 1

The Aqua-Tone™ Daily Grail Integrated Life Fitness Program
Sliders-3 Aqua-Tone™ Technique-4:12 LOWER Ah-RA'-yas SUMMARY CHART

NOTE: INHALE on "Start" Position, then
EXHALE into the "Action" Position. Perform 12
consecutive repetitions for each movement.

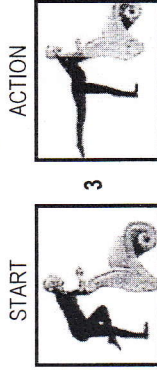
LOWER Ah-RA'-yas-1



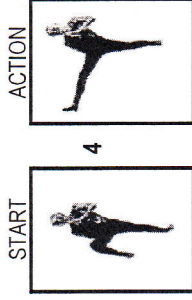
LOWER Ah-RA'-yas-2



LOWER Ah-RA'-yas-3

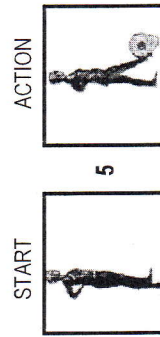


LOWER Ah-RA'-yas-4

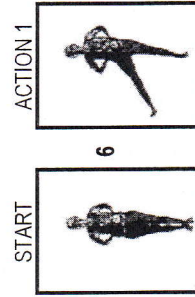


ACTION 2

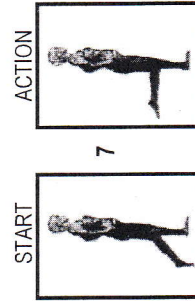
LOWER Ah-RA'-yas-5



LOWER Ah-RA'-yas-6



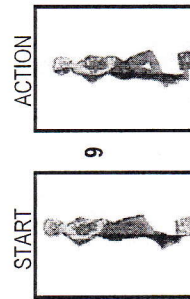
LOWER Ah-RA'-yas-7



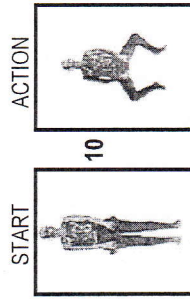
LOWER Ah-RA'-yas-8



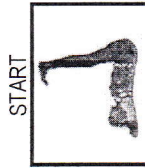
LOWER Ah-RA'-yas-9



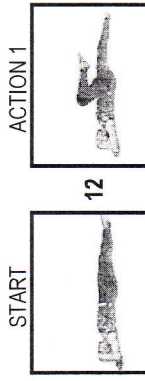
LOWER Ah-RA'-yas-10



LOWER Ah-RA'-yas-11

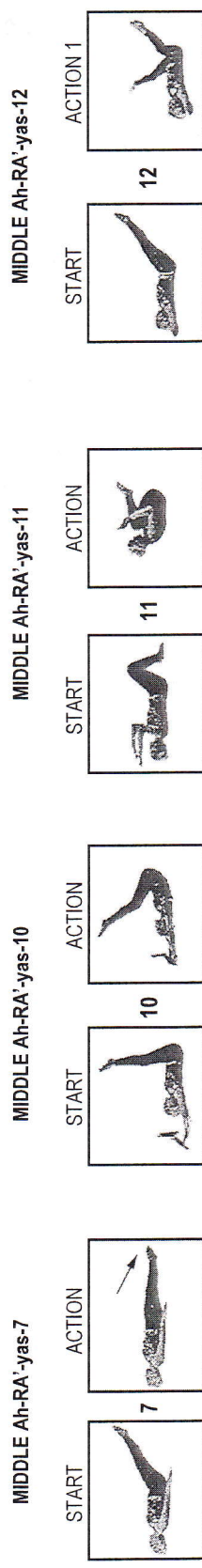
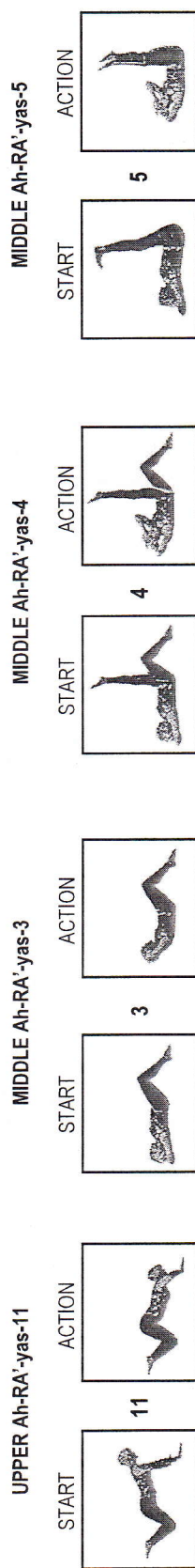


LOWER Ah-RA'-yas-12

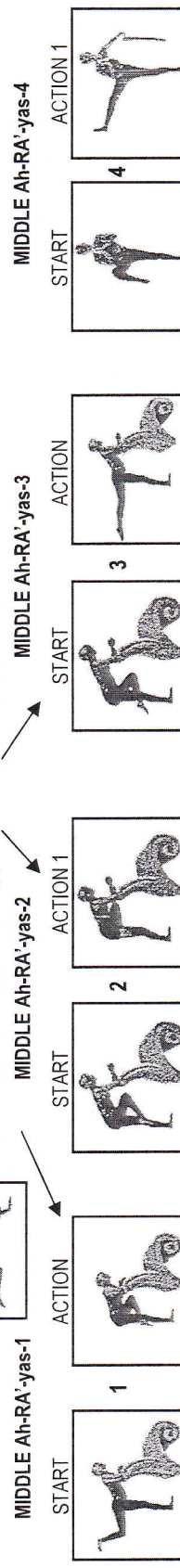


ACTION 2

The Aqua-Tone™ Daily Grail Integrated Life Fitness Program Sliders-3 Aqua-Tone™ Adaptive Ah-RA'-yas Practicum SUMMARY CHART



Lower Ah-RA'-yas #'s 1, 2, 3 Adaptation
For adaptation of Lower Ah-RA'-yas #'s 1, 2, 3, perform same leg movements as in standard version, but engage and perform the movement from the "horizontal kneeling on all fours position" instead of the "vertical standing position" of the standard version.



Adaptive Ah-RA'-yas

Adaptive Versions of the more challenging "Ah-RA'-yas" movements will assist in building Axiational-Meridian Line and muscle strength for progression to standard Ah-RA'-yas movements. Adaptive movements also provide a less strenuous alternative for those with physical injury or limitations. (* It is wise to always consult your doctor or therapist before beginning a new fitness program.) Adaptive Movements are provided for: **Upper Ah-RA'-yas #11, Middle Ah-RA'-yas #3, 4, 5, 7, 10, 11, 12 & Lower Ah-RA'-yas #s 1, 2, 3, and 4.**



The Aqua-Tone™ "Daily Grail Integrated Life-Fitness Program"

Sliders-3 Aqua-Tone™ Technique-5: 12 (upper) Ah-Lei-yas of Momentum Beginner's Sequence – Summary Chart

(Upper Ah-Lei-yas accelerate speed of upper sub-harmonic quantum circulation through the Axialton-Meridian Lines & bio-fields; For use with "Glow-Sticks on Strings")

Ah-LEI-yas-1 "Down-Ups"

Start

Action

Do 12 Down – Up Motions

Ah-LEI-yas-2 "In-Spins"

Start

Action

Over:
Start Spins Forward – Do 12 Circulations

Ah-LEI-yas-3 "Out-Spins"

Start

Action

Under:
Start Spins Backward – Do 12 Circulations

Ah-LEI-yas-4 "Vertical Side Spins"

Start

Action

Do 6 Frontward then 6 Backward

Ah-LEI-yas-5 "Overhead In-Spins"

Start

Action

Do 12 Circulations
Start Spin Forward

Ah-LEI-yas-6 "Overhead Out-Spins"

Start

Action

Do 12 Circulations
Start Spin Backward

Ah-LEI-yas-7 "Horizontal Side-Up-Spins"

Start Vertical, Front Spins, count 6 circulations & begin moving to position 3

Ah-LEI-yas-8 "Vertical Side-8's"

Start

Action

Do 12 8-circulations
(vertical Plane)

Ah-LEI-yas-9 "Horizontal Overhead-8's"

Start

Action

Do 12 8-Circulations
(Horizontal Plane)

Ah-LEI-yas-10 "Overhead Crossovers"

(Like "Windshield Wiper" Motion)

Do 12 Cross Overs

Ah-LEI-yas-11 "One-Hand Penta-gel' Flows"

Do 12 Penta-gels

Ah-LEI-yas-12 "Lower-Arc Crossovers"

Arms In Front of Body

Do 12 Arc Cross Overs

The Aqua-Tone Hydro-Acoustic Systems™ "Daily-Grail Integrated Life-Fitness Program"
"Weekly Start-Up Schedule"

If you are not accustomed to performing a regular exercise/fitness regime, or have lapsed from your fitness program for over 3 months, we recommend beginning with this "Weekly Start-Up Schedule", then progressing to the "Weekly Ideal Maintenance Schedule". Also, we recommend drinking a small amount of spring-water (infused with a tiny bit of lemon juice if desired) before engaging an exercise session, keeping "hydrated as needed" during the session, and allowing the body 1 hour of "digestion time" after eating before engaging an exercise session, and 5-10 minutes of post-session "cool down" before eating.

2-3 Days per week (for 1st 3 weeks; build to 3 days per week by 3rd week):

1/2 hour Cardio Session- Select your preferred form of Cardio exercise for each session. The ½-hour Cardio exercise session can be done "all at once" in 1 session, or in 2 short 15 min. sessions at different times. Start gently and don't "push yourself too hard" at first; build strength & stamina slowly. Take "slow-down breaks" within your session time if needed, and **STAY HYDRATED**-keep drinking water within easy reach. When first beginning, we recommend breaking the ½-hour session into 2 15 min. sessions done at different times during the day or evening, to avoid over exhaustion and injury.

Prep: If you are using the "Daily Grail 12:12 Sequence", select the 2 "**Target Zone**" exercise sequences you will be working with in this session (4 Zones are: Upper, Middle, Lower, Overall). If you are creating your own "4-Zone Target-Zone Program", Pre-select your chosen exercise sequence for each of the 4 "Target Zones", then choose the 2 you will work with in this session.

1 hour "Target-Zone" Session: Two ½-hour sessions featuring **stretching + strength training or weights**.

The two 1/2-hour "Target-Zone" sessions can be done "back to back" for a 1 hour workout, **OR** done at different times. When first beginning, we recommend taking each ½-hour session separately, and separate from the Cardio Session, so you can build strength and stamina slowly, to avoid over- exhaustion and injury. Again, start gently. **Begin and End each "Target-Zone" Session with flexibility stretches** corresponding to the "Zone". In Target-Zone Sessions using **arm or leg weights** (Upper Zone & Lower Zone), start with lower weight and fewer reps, increasing reps, then weight, as you build strength. High weight builds "muscle bulk"; if you want strength and tone without too much bulk, use lower weight and more reps. Rest between reps when needed and again, don't "push yourself too hard"; build strength & stamina slowly. It is important to **KEEP HYDRATED**, both during and after "Target-Zone" sessions, to assist the muscles in **releasing lactic acid buildup**, which increases "post work-out" muscle aches and discomfort. When first starting out, you will probably experience **mild to moderate post-work-out muscle aches and pains**, often over the next day or three, as your muscles and Axiatonal/Meridian Lines begin to stretch, expand and strengthen. (If mild to moderate muscle pain lasts longer than 3 days, or if pain is intense and persistent, see your doctor ASAP to check for possible injury). A warm "**Salt-Soda-Charged Water Bath**" in the evening after a work-out day can help reduce muscle discomfort.

Weekly Start-Up Schedule:

DAY-1: ½ -hour Cardio + ½ -hour UPPER + ½ -hour MIDDLE (Ah-RA'-yas)

DAY-2: ½ -hour Cardio + ½ -hour LOWER + ½ -hour OVERALL (12 Logas OR 12 Yanas – Stretches)

DAY-3: ½ -hour Cardio + ½ -hour UPPER + ½ -hour MIDDLE (Ah-RA'-yas)

The Aqua-Tone Hydro-Acoustic Systems™ "Daily-Grail Integrated Life-Fitness Program"-continued

* Check with your doctor before starting a new diet or exercise program

**The Aqua-Tone Hydro-Acoustic Systems™ "Daily-Grail Integrated Life-Fitness Program
"Weekly Ideal Maintenance Schedule"**

Over the 3-week "Start-Up Schedule" period, you will become familiar with your chosen "Target-Zone Session" exercises, and "Active-Meditation Regime", and should have progressed in stamina, strength and flexibility sufficiently to move into the "Ideal Maintenance Program" of **4 days per week or "Every 2nd Day**, in which one more "Exercise Day" is added to the weekly schedule, and the 1/2-hour Cardio Session on each of the 4 days is **extended to 1-hour**(2 1/2-hour sessions).

You may also feel ready to take fewer breaks within a session, and to increase the number of reps and weight you are using. The idea is to "**gently challenge but not strain**" the muscles and joints, and as the muscles grow stronger, and the joints more flexible, they will need more "*burden applied*" to remain gently challenged. Throughout the program it is important to "**keep your motivation up**", by setting realistic goals and "**listening to your body**"; some days your body "*just won't WANT TO*", and exercise seems as a dreaded chore. Other times your schedule will become too hectic to "*fit it all in*". At times like these, just remember that "**every little bit counts**", so "**do a little if you can't do it all**", and if you "can't do any", "**don't get down on yourself**" for a few "missed sessions". Just "**pick up where you left off**" and move your progression toward "*Mind-Body-Spirit Attunement*" forward from there.

As in the "Weekly Start-UP Schedule", we still recommend drinking a small amount of spring-water (infused with a tiny bit of lemon juice if desired) before engaging an exercise session, keeping "hydrated as needed" during the session, and allowing the body 1 hour of "digestion time" after eating before engaging an exercise session, and 5-10 minutes of post-session "cool down" before eating.

4 Days per week or "Every 2nd Day: (for "General Maintenance"; to continue building stamina, strength and flexibility and to maintain existing "Bio-field Auto-escalation Levels");

1 hour Cardio Session- Select your preferred form of Cardio exercise for each session. The 1-hour Cardio exercise session can be done "*all at once*" in 1 session to "**Power Amp**", or in two 1/2 -hour sessions at different times. Again, start gently and don't "*push yourself too hard*" at first. Build strength & stamina slowly. Try to take fewer "*slow-down breaks*" within your session time, but still take them when needed. **STAY HYDRATED**-keep drinking water within easy reach. To avoid over exhaustion and injury when **first advancing to "Weekly Maintenance Schedule"**, we **recommend** breaking the 1-hour session into **two 1/2 -hour sessions** done at different times during the day or evening, (such as **1 AM session** before breakfast, and **1 PM session** before or at least 1 hour after Dinner.).

1 hour "Target-Zone" Session: Two 1/2-hour sessions featuring **stretching + strength training or weights**.

The two 1/2-hour "Target-Zone" sessions can be done "back to back" for a 1 hour workout to "**Power Amp**", OR can still be done at different times. To avoid over exhaustion and injury when **first advancing to "Weekly Maintenance Schedule"**, we **recommend** breaking the 1-hour "Target-Zone" session into **two 1/2 -hour sessions** done separately at different times, and **separate from the Cardio Session**. **Still Begin and End each "Target-Zone" Session with flexibility stretches** corresponding to the "Zone". In Target-Zone Sessions using **arm or leg weights** (Upper Zone & Lower Zone). **When you feel ready, increase the reps, then the weight**, as you progressively build strength and your muscles need a gentle increased "*burden for challenge*". It is ALWAYS important to **KEEP HYDRATED**, both during and after "Target-Zone" sessions, to assist the muscles in **releasing lactic acid buildup**.

Once comfortable within the "Weekly Ideal Maintenance Schedule", the degree of **mild to moderate post-work-out muscle aches and pains will likely diminish or stop**; when your **previous routine can be done "easily"**, this signals a good time to "**increase the burden for challenge**", to continue advancing stamina, strength and flexibility.

After 3-6 months on the Weekly Ideal Maintenance Schedule , progress to "Power Amp", eventually **combining the two 1/2 -hour "Target Zone" Sessions AND the two 1/2 -hour Cardio Sessions , into ONE 2-Hour "Power AMP Session"**, done whatever time of day your schedule allows, **4 days per week**.

Weekly Ideal Maintenance Schedule:

DAY-1: 1-hour Cardio + 1/2 -hour UPPER + 1/2 -hour MIDDLE (Ah-RA'-yas)

DAY-2: 1 -hour Cardio + 1/2 -hour LOWER + 1/2-hour OVERALL (12 Logas OR 12 Yanas – Stretches)

DAY-3: 1 -hour Cardio + 1/2 -hour UPPER + 1/2 -hour MIDDLE (Ah-RA'-yas)

DAY-4: 1 -hour Cardio + 1/2 -hour LOWER + 1/2 -hour OVERALL (Ah-RA'-yas))

The Internal Body Quantum “War of Attrition”

The Biological War between the + **GharE’/Sha-LA-a Living Light**
& the – **Gharoche’/Sho-na Dead Light**
within the Physical-Atomic Body Quantum

Physical-Body Birth Imprints, their “Light-Quotient” Potentials & Options of Evolution

The Gene Code of Each Human on Earth fits into one of the following 10 categories. The categories represent the +GharE’/Sha-LA-a to -Gharoche’/Sho-na Ratio inherent to the gene code, and thus the evolutionary potentialities of the Biology.

M31-Urtha-3 Ascension Path (+80 to +100 Sha-LA-a Quotient)

Dhani
Aurora
Spanner

100+/0-

+100% Sha-LA-a

-0% Sho-na

(What Indigo-1 & 2 & Aquari-Indigo Walk-ins can transfigure to become.
Aquareion-Aurora “Kryst” genes with Hub-Span capabilities)
Can Hub – Span Ascend to M31-Urtha-3 with Aquareion Host
or Span Ascend to AshalA-3
or Span Ascend to Median-Earth
or Bhardoah out to AshalA-3 Aquaferieion Ascension with Aquareion Host
or Bhardoah out to Median-Earth Aquaferi Ascension with Aquaferieion Host
Holders of Median-Earth’s Aquaferieion Host Shield, will Span Median-Earth’s
Aquaferieion Shield to AshalA-3 Ascension post 2230AD.

Aquari-Indigo
Ma-Sha-Yah
Spanners

80+/20-

+80% Sha-LA-a

-20% Sho-na

(Indigo-1 Aquari-Indigo Walk-in Imprint)
Aquareion/Aquaferieion “Kryst” genes with major dominant Aquareion and minor
Aquaferieion coding.)
Can Slide-2 Ascend to M31-3 with Aquareion Host
or Span Ascend to AshalA-3 with Aquareion Host
or Bhardoah out to AshalA-3 Aquaferieion Ascension with Aquareion Host
or Bhardoah out to Median-Earth Aquaferi Ascension with Aquaferieion Host
or Bhardoah out to Sovereign-Fall Cad-Earth with Al-ben’-yhan Host
Holders of Earth’s Aquaferieion Host Shield, will Span Earth’s Aquaferieion Shield
to Median-Earth Ascension in 2230AD.

AshalA-3 Ascension Path (+75 to +80 Sha-LA-a Quotient)

Indigo-1 Aquari-Human

78+/22-GO

+78% Sha-LA-a

-22% Sho-na

Translocation Sliders

(Indigo-1 Birth-in Imprint & Indigo-2 – Walk-in Imprint
Indigo-1 Aquari-Human Birth-in Imprint, & 2007 Angelic Human Genetic Upgrade
Aquaferion /Angelic-Human “**Kryst**” genes with major dominant Aquaferion and minor
Angelic Human coding.)

Can Slide-2 Ascend to AshalA-3 with Aquaferion Host
or Span Ascend to Median-Earth with Aquaferion Host
or Bhardoah out to AshalA-3 Aquaferion Ascension with Aquaferion Host
or Bhardoah out to Median-Earth Aquaferi Ascension with Aquaferion Host
or Bhardoah out to Sovereign-Fall Cad-Earth with Al-ben'-yhan Host
Keepers of Earth's Aquaferion Host Shield, will Slide-2 or Bhardoah Ascend with
Earth's Aquaferion Shield to Median-Earth Ascension between present & 2230AD.

Indigo-2 Aquari-Human

75+/25- Biote-G1

+75% ShaLAah

-25% Shona

Translocation Sliders

(Indigo-2 Aquari-Human Birth-in Imprint & 2007 Angelic Human Genetic Upgrade Aquaferion
/Angelic-Human “**Kryst**” genes with major dominant Angelic Human and minor
Aquaferion coding.)

Can Slide-2 Ascend to Median-Earth with Aquaferion Host
or Bhardoah out to Median-Earth Ghafar Ascension with Aquaferion Host
or Bhardoah out to Sovereign-Fall Cad-Earth with Al-ben'-yhan Host
Without Host, Bio-Death & Bourgha-White Dragon-Procyak Fall

Median-Earth Ascension Path (+50 to +75 Sha-LA-a Quotient)

Angelic Human

Includes World Mgmt
Team “Foot –Soldier-
cast” Earth Illuminati
Groups

60+/40- Mobiote-G1.5

+60% Sha-LA-a

-40% Sho-na

Bilocation Sliders

(Angelic Human Birth-in Imprint post 9562BC & Min after SL-2 for +50/50- Symbiotes & up,
Angelic-Human/Leviathan-2 “**Blended Hybrid**” genes with major dominant Angelic Human
and minor Leviathan-2 coding.

***Can upgrade to Indigo-2 Median-Earth Slide-2 Ascen. with Aquaferion Host**
or Bhardoah out to Median-Earth Ghafar Ascension with Aquaferion Host
or Bhardoah out to Sovereign-Fall Cad-Earth with Al-ben'-yhan Host
Without Host, Bio-Death & Bourgha-White Dragon-Procyak Fall

Indigo-3+

Includes World Mgmt
Team Lower
Management &
Officer-cast Earth
Illuminati Groups

50+/50- Symbiote-G2

+50% ShaLAah

-50% Shona

Bilocation Sliders

(Indigo-3 Birth-in Imprint can go “up or Down”; Angelic-Human/Leviathan- “**Blended Hybrid**”
genes with equal-parts Angelic Human and Leviathan-1 or 2 coding. “Ups” have minor
dominant Angelic Human & major recessive Leviathan coding and can upgrade to
Indigo-2 imprint with Aquaferion Host.)

Can Upgrade to Indigo-2 Median-Earth Slide-2 Ascen. with Aquaferion Host.
or Bhardoah out to Sovereign-Fall Cad-Earth with Al-ben'-yhan Host
Without Host, Bio-Death & Bourgha-White Dragon-Procyak Fall

Sovereign-Kryst-Fall Host Path (-50 to -75 Shona Quotient)

Indigo-3-

Includes World Mgmt
Team Lower Management
Earth Illuminati Groups

50+/50- Symbiote-G2

+50% ShaLAah

-50% Shona

Indigo-3 Birth-in Imprint, can go "Up or Down"; Angelic-Human/Leviathan Hybrid genes. "Downs" have **major dominant Leviathan-1** coding, and thus will suffer greater "downward pull", but can "Hold" at "Indigo-3+ Level with Host.)

Can Bhardoah out to Sovereign-Fall Cad-Earth with Al-ben'yahn Host

or Bhardoah out to Median-Earth Ghafar Ascension with Aquafereion Host

Without Host, Bio-Death & Bourgha-White Dragon-Procyak Fall.

***Bhardoah
Hosters***

Leviathan-2

Green & Red Dragons

25+/75- Probiote-G3+

+25% Sha-LA-a

-75% Shona

Includes World Mgmt
Team Middle & Upper
Management Earth
Illuminati Groups

(Leviathan-2 Birth-in Imprint, have dominant **Leviathan-1 Green or Red Dragon/Angelic Human Hybrid genes, with minor recessive Angelic Human coding**. Will suffer Procyak "downward pull" but can "Hold" at "Sovereign-Fall Cad-Earth" with Kryst-Fall Al-ben'yahn Host.)

Can Bhardoah out to Sovereign-Fall Cad-Earth with Al-ben'yahn Host

Without Host, Bio-Death & Bourgha-White Dragon-Procyak Fall

***Bhardoah
Hosters***

Bourgha-White Dragon-Procyak Fall Path (-75 to -100 Sho-na Quotient)

Orchestrating Bourgha-White Dragon-Procyak Fall, no interest in Host

Leviathan-1

Includes Primarily "Elite-Executive Members" of the "World Mgmt. Team" Earth Illuminati Groups & "Procyak Galactic Mgmt Team" Lower-Rank "Foot-soldiers"

25+/75- Probiote-G3-

+25% Sha-LA-a

-75% Sho-na

(Leviathan-1 Birth-in Imprint, have **dominant Leviathan-1 Green or Red Dragon/White Dragon Equari Hybrid genes, with minor recessive White Dragon Equari coding**. Will suffer extreme Procyak "downward pull", proclaim loyalty to the White Dragon Fall-agenda and have no interest in Host agreements, such as the Treaty of Al-ben'-yhan.)

Will Engage Procyak Galactic Black-Hole-Fall

No interest in Kryst-Host, loyal to "While-Dragon-Fall Agenda"

Abadon

Prime Orchestrators of the Forced FALL
Elite-Executive Members of the "ET Procyak Galactic Mgmt Team" & "Special-Ops" ET-hybrid "Assassin Units" of Earth Illuminati Groups.

0+/100- Mesote-G4

+0% Sha-LA-a

-100% Sho-na

(White-Dragon Equari-Bourgha Hybrid FA Birth-in Imprint, have **dominant Equari-White Dragon FA genes, with dominant Bourgha coding**. They are the **Orchestrators** of the Forced Procyak Fall and have no interest what-so-ever in Kryst-Host agreements.)

Are Orchestrating the Galactic Procyak-Forced-Black-Hole-Fall Agenda

No interest in Kryst-Host, **will become extinct** with their "Loyals" through Self-created **Black-Hole-space-dust-return** in the future.

Slide Dynamics Summary

18 Steps to Slide

Sliders-3 St. Kitts – November 12-22, 2008

1. Return of the "Pa Ta" Atom Sets: DN-1 Ra-Sha-Pa-Ta-Ur to AzurA, on DN-2 Pa-Ta Um EirA' to Eumbi and DN-3 Pa-Ta RE-Hah-Yah to Rajhna.
2. Open Rasha Window of Aah-JhA Hydro-Acoustic Body.
3. Receive Transmission of Trans-Vector "Buddha Codes" from 3 Density "Bud Centers" to activate the Ah-VE-yas Shield and downstep of the Buddha Codes into the Axiatonal & Meridian Lines.
4. Expansion & amplification of Axiatonal & Meridian strength and quantum through physical Ah-RA-yas; to activate Buddha Codes within the Axiatonal & Meridian Lines to critical mass "Spark Point".
5. Kara-nA'-dial Convergence; Kara-nA'-dis Seal Ah-VE-yas (Lotus) Point activation to "Inner Sun of Aquareion" – 1st Median Earth Atom, through merger of the Ra-sha-Pa-Ta-Ur, Pa-Ta Um- Eir'-A & Pa-Ta-RE Hah-Yah Atoms, within the Kara-nA'dis Seal.
6. "The Call" – "Inner Sun of Aquareion" atom transmits Hydrolase-Burst to the 60 Ah-VE-yas points / Pen-tag'-onal Windows of the Aah-JhA Body Ah-VE-yas Shield, opening the windows to become doors, transmitting the Hydrolase Flows.
7. Hydrolase flows from the 60 Ah-VE-yas point doors, activates the Unigenetic Underlay (UGU) "External Edonic Living Water Web", within the cellular-atomic structure through merger of the Axiatonal & Meridian Lines.
8. UGU Activation initiates download of the Um-shaddhi Edonic Radiation Spectra from Density above into the Um-shaddhi Planes and UGU of the Density below.
9. Download of Um-shaddhi Radiation Spectra, from the Density above into the UGU, sparks open the Transcendental and Bhardoah Chambers, opening the Transcendental Passage, as the Sha-LA-a atoms of the Density below body enter a Superconductive State and the Transcendental Passage opens into the Edon Middle Domain.
10. Opening of the Edonic Transcendental Passage sparks activation of the Auric Field "Aqualene Sun Fire Orbs", within the Um-shaddhi bands of the Density above and below.
11. The "Aqualene Sun Fire Orbs" release the "Celestalline Wave" of Hydrolase into the UGU and Sha-LA-a Atoms of the matter body.
12. The Sha-LA-a atoms of the matter body engage 90° shift in ARPS (Angular Rotation of Particle Spin) in response to the "Celestalline Wave", entering Horizontal Alignment with the Transcendental Passage.
13. As 90° Horizontal ARPS shift occurs, within the Sha-LA-a Atoms, the Sha-LA-a Atoms and Sho-na Atoms Separate and the Sha-LA-a Atoms enter the Um-shaddhi-4 Astral Plane, through the Transcendental Passage, for "Upshift" to the next Density up.
14. As the Sha-LA-a Atoms, from Density below, enter the Um-shaddhi-4 Astra Plane, the "Orbs" / Ah-VE-yas Elementals, from Density above, "Downshift" and shift ARPS 90° to enter merger with the Sha-LA-a Atoms from the

Density below, within the Um-shaddhi-4 Astral Plane.

15. As Sha-LA-a Atoms and Ah-VE-yas Elemental Orbs merge, the Ah-VE-yas "Upshift" back to their organic ARPS axis, drawing the Sha-LA-a Atoms into Materialization within the Density above, forming an atomic wave into the Density above.
16. When all Sha-LA-a Atoms have entered materialization, in the Density above, the "Inner Sun of Aquareion" Kara-nA'dial Atom de-activates and sends the "3 Pa-Ta-Ur" Atom Sets back to their resting places in the AzurA, Eumbi & Rajhna.
17. Slide translocation occurs at will from this "point of 1st entry" onward, by "activating & de-activating" the "Inner Sun of Aquareion" within the Kara-nA'dial Seal.
18. Light Quotients Sha-LA-a minimums: Slide 1 Bi-Location min. 50 – 60% Sha-LA-a, Slide-2 Atomic Translocation "visit" min. 75% Sha-LA-a, Span Transmigration "permanent relocation" min. 80% Sha-LA-a Quotient = (Ma-Sha-Yah).